Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

LONDON metro®

$3,000,000 estimated
LOTTO 649
Wednesday's Jackpot

## THE GREATEST EVER?

THE NUMBERS TELL THE STORY: AT 30, MIGUEL CABRERA HAS MORE HITS, DOUBLES AND HOMERS THAN ANYONE ELSE HIS AGE — IN THE WHOLE HISTORY OF BASEBALL PAGE 14

## Grinding his axe

Chamber of commerce CEO demands support for development of a woodlot near the 401 PAGE 2

## Come back, students, all is forgiven

The new owner of the former Club Rouge wants to lure you back with one big roof-shakin' PARTAY! PAGE 3

## 'Good morning JUSTICE'

The family of Sammy Yatim, who was fatally shot by a Toronto cop, reacts to news the officer is being charged with murder PAGE 4

NEWS WORTH SHARING.

# Thieves steal Christmas from London charity

**It doesn't get much lower.** $5,000 in gift cards were intended for low-income families

MIKE DONACHIE
mike.donachie@metronews.ca

They'd been up all night dealing with the aftermath.

The volunteers at Life Spin, an east London charity helping low-income families, were feeling "sick" on Monday after two days of dealing with a heartbreaking problem.

Some time on Saturday night or Sunday morning, somebody broke into its headquarters at 866 Dundas St. and stole Christmas.

"They broke in through our back door, through our resource centre and into our office," store manager Maureen Caissie said. "They stole $5,000 of gift cards for people in need. They also took the box of keys to the apartments we have here and we had to change 24 locks.

"We've been up all night because we have tenants who have mental-health issues. Most of our tenants have disabilities and we don't want people getting into their apartments, so we had to stay here all night."

Replacing the broken door will cost a couple thousand dollars, Caissie estimated, and there is the cost of the locks. But the really bitter pill is the loss of the gift cards, which were to go to the program that helps families at Christmas.

The theft will affect about 100 families, she said, unless the charity can find a way to replace them.

"We're hoping that somebody's got a magic wand and is going to wave it and help us," Caissie said. "We help those less fortunate people in society. Somebody's been stealing from the poor. They just don't understand what they've done.

"It's very unfortunate. I'm sick because Life Spin does so much for the community."

### What they do

- Life Spin, a registered charity, has worked in London since 1989.
- It was started by single mothers to alleviate poverty and provides information, support and programs for low-income people.
- Every Thursday from 10 a.m. to 2 p.m., it runs a "free store" where Londoners in need can collect household items, coats, shoes, toys and books.
- Its Christmas Sponsorship Program matches families with sponsor families, classes, businesses, gifts and food. People also donate gifts, and the stolen gift cards were surplus from previous donations.
- If people want to donate large items such as furniture, the charity runs a service to match them with recipients.
- It operates affordable housing that is intended to be a permanent home for those in it. There are 10 residential units and five commercial ones.

## BIFF! BAM! POW!

**The independent movie scene in London is packing a punch. Kyle Blois, martial-arts champion and actor, connects with writer James Roberts. But it was all in fun — and no filmmakers were harmed in the making of this newspaper. See page 3 for the full story.** MIKE DONACHIE/METRO

The woodlot off Dingman Drive is at the centre of a land-use storm. MIKE DONACHIE/METRO

# Business boss blasts woodlot opposition

**Opportunity.** Chamber of commerce CEO demands support for PenEquity proposal

MIKE DONACHIE
mike.donachie@metronews.ca

It was all quiet at a woodlot near the 401 — until Monday, that is.

The tranquil spot is the setting for a battle royal between two interest groups in London: Developers and people with environmental concerns.

The PenEquity group wants its retail and entertainment proposal, costing about $100 million, to get approval from the city.

But there are trees on the site — lots of trees — and that has councillors and the public worried.

Now Gerry Macartney, CEO of the London Chamber of Commerce, has declared that rejecting the plans would be "a vote against job creation in London."

In an op-ed sent to local media, he said: "To suggest support for the now deferred PenEquity offer to build a signature Gateway project along London's Highway 401 corridor is a watershed moment for this city would be a colossal understatement.

"Forget for a moment all the arguments being tossed out by various councillors and environmentalists.

"What's really at stake here is the possibility, if rejected, that a third arrow would strike right at the heart of London's reputation as a city that says it wants to grow, that says it wants to develop the 401 corridor, and a city that claims a desperate need to grow new jobs yet fails to deliver when an opportunity like this presents itself."

He said London's competitors are "kicking our teeth in all along the busiest trade corridor on the planet, the 401/402 corridor (estimated at more than $2 billion daily)."

He also attacked the arguments against the woodlot development, saying its trees number just 1,600, not 10,000, and its "wetlands" are just highway run-off water.

Macartney adds: "Imagine if we took the view that we will never build anything in London ever again because it would compete with those that are already here.

"You would never have had a Masonville, White Oaks, Home Depots, Lowes, or two Costcos.

"Hmmmm ... seems they are doing quite well, thank you very much."

**Project benefits forecast**

**Chamber of commerce CEO Gerry Macartney quotes the Altus Group in forecasting the effects of the PenEquity proposal, saying:**

- It will create 1,200 jobs in the completed development.
- There will be 300 jobs supported by its construction, plus 150 jobs in materials and services supporting the construction.
- It will create about $9.4 million in development charges for the city, plus $440,000 for building permits.
- The annual property tax will total about $2.8 million.

**Public's help needed**

## Friend makes appeal on behalf of London doctor held in Egypt

A friend and colleague of the London emergency-room doctor being held captive in Egypt is urging Canadians to pressure the Egyptian government to free Tarek Loubani and Toronto filmmaker John Greyson.

The pair have been jailed since Egyptian police arrested them in Cairo on Friday, as they were on their way to Gaza.

They have been locked up in what Amit Shah said is a jail for political prisoners without charges.

Shah is a professor at Western's Schulich School of Medicine, where he works with Loubani, who is an assistant professor of emergency medicine.

"I gather that they've been located," he said Monday afternoon, "but they still haven't been freed."

He said Loubani, a Palestinian who moved to Canada more than 20 years ago, has frequently put himself in harm's way to help those who need it most.

That trait is what might have led him to trouble.

"If there were protesters who were wounded, he could've got himself involved, possibly, and that could've led him to conflict with the police," Shah said.

Loubani's family members are deeply concerned, but are working on raising public awareness of the situation in hopes of prodding the Egyptians into freeing the pair.

"They're working hard on his release," Shah said. "There have been higher and higher diplomatic contacts made. The more attention this gets, the more pressure there is for a resolution."

SCOTT TAYLOR/METRO

# Piano delivered to give 11-year-old new opportunities

It was the type of reaction any kid with a deep love for music might display, all things considered.

"I was in the car on our way to get some groceries and she told me about the email and I started freaking out," 11-year-old Ayden Alvis said with a laugh.

The email her grandmother gave her spelled it all out: She was to be the first recipient of the 88 Keys to Inspiration program. With that honour came a piano she could call her own.

Ayden Alvis with her prized piano. SCOTT TAYLOR/METRO

It was delivered on Saturday and now sits proudly in her grandmother's family room.

The 88 Keys program was whipped up between D&S Pianos owner Darryl Fabiani and Clark Bryan, the executive and artistic director of the Aeolian.

Fabiani regularly gets calls from people asking what they can do with their old pianos they no longer want. He approached Bryan to see if the El Sistema Orchestra, the free children's music program provided by the Aeolian, could use the instruments.

"It accomplishes so many footprints," Bryan said of the program. "It's about bringing music to these young children and it's about providing social-justice equity, of course, and it's also about the values of the next generation and the knowledge base music can provide."

He tipped his cap to D&S for what he said is philanthropy many businesses should emulate.

Ayden, a viola player in the El Sistema Orchestra, comes by her music talent naturally.

Many members of her family are musicians, her grandmother said.

Now Ayden has a new voice that she, too, can one day share with the world.

SCOTT TAYLOR/METRO

Paul Morgan

## Victim identified following deadly collision

A 38-year-old Londoner has been identified by police as one of two men who were killed when their vehicles collided at the intersection of Highway 21 and Bruce County Road 6 on Aug. 16.

Paul Morgan was driving a Honda CRV SUV westbound on Bruce County Road 6 when he collided with a Ford F150 pickup truck that had been heading southbound on Highway 21.

Morgan was pronounced dead at the scene. The driver of the pickup, 36-year-old Steven Kerr of Waterloo, was airlifted to London's Victoria Hospital, where he succumbed to his injuries Sunday.

Anyone with information that can help the investigation is asked to contact South Bruce OPP at 1-888-310-1122.

SCOTT TAYLOR/METRO

Canadian tour

## Dixie Chicks are coming to town

The Dixie Chicks are on their way to London's Budweiser Gardens Nov. 10 as part of their first full Canadian tour in seven years.

Tickets go on sale Aug. 26 and range in price from $31.25 to $86.25, plus applicable taxes and charges.

SCOTT TAYLOR/METRO

Tim Hortons contest

## Local doughnut king's idea gets dashed

London's doughnut king was denied his throne Monday.

Jason Flannery, creator of the Oreo Borealis, was beaten to the top prize in the Tim Hortons Duelling Donuts contest.

The winner, who gets $10,000, was Andrew Shepherd of Toronto, with his Tortoise Torte creation of caramel and chocolate.

Flannery's recipe, which has crumbled Oreo cookies on top, won second place and a $500 Tim Card.

Finalists were chosen by a panel of judges including actor Jason Priestley. MIKE DONACHIE/METRO

# Students welcome again at former Club Rouge

**Piccadilly Street bar.** London venue throws open the doors after controversial ban

SCOTT TAYLOR
scott.taylor@metronews.ca

It's back to the future for Fanshawe and Western students who were banned from Club Rouge last fall.

The Piccadilly Street bar has new ownership, a new name, a new look and a rediscovered desire for students and the revenue they bring with them.

Former owner John Scott-Pearse barred students last year because he claimed they bring more trouble than they're worth. His biggest beef was his contention that students drank all night at home, and then went to his bar to cause trouble.

That was then.

Welcome to the brave, new world of the Gatsby Sound House and Bar. New owner Nick Spina is up to his elbows in renovations for the Sept. 6 opening and, yes, students will be welcome.

How much does he want them back? His Facebook page pulls no punches.

"A two-room venue with a CO2 cannon blowing, roof shaking, shirt-off flexing, body-shot taking, 900-person capacity venue with weekly events, world-renowned talent and weekly parties!"

In an interview, he tones it down a notch.

"I've got two rooms in there," he said. "One holds 270 people and the other ... you have the option that if you just want to have a drink and watch the game, you can do that. If you want to celebrate your birthday in a booth, you can go to the other room and do that."

Spina, at the age of 23, said he's been involved with every aspect of the business. He's been a bartender, worked security, and managed and marketed at a number of establishments in the city. Now he's ready to take the helm and hopes previously unwanted students come along for the ride.

**Quoted**

**"A two-room venue with a CO2 cannon blowing, roof shaking, shirt-off flexing, body-shot taking, 900-person capacity venue with weekly events, world-renowned talent and weekly parties!"**

New owner Nick Spina's Facebook page

C'mon in! Nick Spina is the new owner at Gatsby Sound House and Bar, and he wants the students back when the bar opens Sept. 6 following renovations. SCOTT TAYLOR/METRO

# London movie scene up and kicking

London's independent movie scene is packing a punch, filmmakers have said, as production continued on the second feature being made in the city.

As the production crew prepares to film relationships tale Liminality in London over the next four weekends, another gang of enthusiasts is already rolling on a more physical movie.

It's called Terry's Car Gets Stolen and it's a comedy-drama with lots of action and, with martial arts champion Kyle Blois on board, plenty of impact.

"The movie is about a mild-mannered office worker named Terry, who one day wakes up to discover his car has been stolen," said James Roberts, 23, the film's writer.

"Because of that, he goes to find his car and gets sucked into this underworld of criminals and porn and glitter.

**In the spotlight**

- As a fundraising idea, the crew of Terry's Car Gets Stolen has offered businesses the chance to buy their way into the movie.
- They can become shooting locations or even have their products placed in the film.
- Supporters include the Scots Corner pub on Dundas Street and Johnny's Diner at Fanshawe Park and Highbury roads.

"It's basically the worst day of his life."

The movie is directed by 20-year-old Daniel Turres, who has just enrolled at Toronto Film School and starts there in the fall.

The production was due to start again Tuesday after the crew "regrouped." They're financing most of the movie themselves, though they have an appeal on crowdsourcing site Indiegogo.

The title character is played by Matthew Winquist, 22, a London man who has taken film courses at Western University and Fanshawe College.

Also starring is Kyle Blois, who won the Canadian national championship for extreme martial arts four times in a row.

So is London punching above its weight for movie-making? Roberts thinks so.

"It is a colourful town," he said. "There are so many interesting parts. You go to one part of town or another and everything's so different.

"You can go down to Richmond on a Saturday night and you're going to get a million good stories that you want to write about.

"I think London's cultivating a really good art culture, not just in film but in art and design and video games too."

MIKE DONACHIE/METRO

**On the web**

For more local news go to metronews.ca

# ‘Justice’ done but fight not over, swears Yatim family

**T.O. streetcar killing.** Scrutiny turns to other officers following the laying of murder charge

JESSICA SMITH
Metro in Toronto

When Sammy Yatim’s family learned the officer who shot him on an empty Toronto streetcar last month was being charged with second-degree murder, they celebrated “justice” being done and quickly turned their attention to the officers who witnessed the shooting.

On Monday morning, shortly after Ontario’s Special Investigations Unit (SIU) announced it was laying charges against Const. James Forcillo, Sammy’s sister Sarah tweeted: “Good morning JUSTICE.”

Later, Yatim’s family released a statement saying they were relieved by the charges and calling for further investigation into “the supervising police officer(s) and the other officers in attendance for their lack of intervention.”

On July 27, Yatim, 18, was shot multiple times and Tasered after he appeared to have brandished a knife and exposed himself as passengers fled from the streetcar.

The SIU investigated only Forcillo and did not lay charges against any other officer, including a sergeant who appears on video to have Tasered Yatim after he’d already been shot and fallen to the floor.

That’s enough evidence to support an assault charge, according to lawyer Peter Rosenthal, who has represented the families of a number of people who have been killed by police.

The SIU’s mandate “is only to charge officers if they’re involved with serious injury or death, and they figured, probably, that the Tasering wasn’t what harmed Mr. Yatim,” Rosenthal said.

Just because the SIU didn’t investigate the sergeant, it doesn’t mean police shouldn’t lay an assault charge, he said.

Rosenthal would also like to see consequences for the officers who didn’t appear to use any de-escalation techniques.

“In my view, it’s up to the police chief to discipline the police officers who don’t follow the de-escalation training they’re given, whether or not they’re guilty of criminal charges,” he said.

**Pressing further**

**“We want to work now to ensure that Sammy’s blood wasn’t wasted and to prevent any other families from enduring such a tragedy.”**

A statement from the family of Sammy Yatim

James Forcillo is the seventh on-duty Toronto police officer to be charged by the SIU with manslaughter or murder since its inception in 1990. CONTRIBUTED

**Not enough Tasers?**

**Yatim’s death has prompted questions from the public about the use of Tasers.**

- Ontario policy states only sergeants — not all frontline officers — should carry Tasers.
- Toronto police Chief Bill Blair says allowing officers to be armed with Tasers may be one of the recommendations contained in the review of Yatim’s death he has requested from retired associate chief justice Dennis O’Connor.

**Follow along on Twitter**

**Watch @jessiecatherine on Tuesday morning for live updates from Const. James Forcillo’s first court appearance.**

# Woman cried out before Oscar Pistorius shot her, court hears

A woman screamed and then there was silence, according to South African prosecutors pressing a premeditated-murder case against Oscar Pistorius.

Next, the indictment says, witnesses heard gunshots and more screaming at the home of the Paralympic champion, who says he shot his girlfriend by mistake.

The sequence of events outlined Monday could bolster an argument that the double-amputee Olympian was intent on killing Reeva Steenkamp after an altercation and was not reacting fearfully to what he thought was an intrusion in his home. Prosecutors revealed a list of more than 100 witnesses, some of whom live in the community where she was killed.

The athlete will face an additional charge of illegal possession of ammunition when his blockbuster trial starts on March 3 in a court in the South African capital, Pretoria.

The indictment in the Pretoria Magistrate’s Court yielded new details about how prosecutors will pursue a case that has gripped the world because of the celebrity status of Pistorius, who overcame his disability to become a global phenomenon, only to see his name and accomplishments tarnished by his role in a violent death.

The main charge laid by prosecutors carries a mandatory sentence of life imprisonment with a minimum of 25 years in prison if Pistorius is convicted.

Prosecutors also said in the indictment papers that Pistorius shot “with the intention to kill a person,” and even if his story is found to be true, he was still guilty of murder.

That secondary argument seemingly allows for the possibility that Pistorius could escape the more serious charge of premeditated murder but still be convicted of murder without premeditation, which carries a sentence of 15 years in prison.

THE ASSOCIATED PRESS

Oscar Pistorius cries as he prays with his sister Aimee and brother Carl in the magistrate’s court in Pretoria, South Africa, on Monday. THE ASSOCIATED PRESS

**Remembering the victim**

**The timing of the indictment was melancholic because Reeva Steenkamp would have celebrated her 30th birthday on Monday.**

# Autism. Cops investigate letter telling woman to euthanize her grandson

An Ontario woman whose autistic grandson was the target of a hateful letter is describing the words as sickening.

Brenda Millson says she received a letter on Friday that tells her family to “go live in a trailer in the woods” and even suggests her 13-year-old grandson be euthanized.

Millson’s grandson lives with his parents in nearby Oshawa, but the boy has been visiting her in Newcastle.

She says the hate-filled letter left everyone in shock but the family hopes the case will raise awareness of the support needed by autistic children. Millson adds her neighbourhood has rallied around the family.

Durham regional police say they have been investigating since Friday.

THE CANADIAN PRESS

**India**

## Teen beaten to death over kite

A group of teenagers beat a 17-year-old to death after a kite-flying dispute, Indian police said Monday.

Rajan Chand was flying a kite in Delhi on Friday when he apparently angered another boy by snapping the line on his kite, police said.

The next evening the boy and three others attacked Chand and a friend, hitting Chand with a metal object and beating the two until they were unconscious, police said. Police have arrested a 16-year-old and a 17-year-old.

It was not clear if Chand had been in a kite-flying competition. Kite-flying can be fiercely competitive in South Asian countries, with competitors often coating their lines with powdered glass to slice through others’ lines. THE ASSOCIATED PRESS

# Egypt. Officials may free jailed former president as violence continues

Jailed ex-Egyptian president Hosni Mubarak could be released later this week, judicial officials said Monday, a move that would fuel the unrest roiling the country after the autocratic leader's successor was removed in a military coup.

Underscoring the growing anger over Mohammed Morsi's ouster, suspected Islamic militants ambushed two minibuses carrying off-duty policemen in Egypt's Sinai Peninsula, forcing the men to lie on the sand and shooting 25 of them dead.

The brazen daylight attack raised fears that the strategic desert region bordering Israel and the Gaza Strip could be plunged into insurgency.

The 25 were given a funeral with full military honours after a plane brought their bodies to an air base in eastern Cairo. Interior Minister Mohammed Ibrahim, who is in charge of the police, and the army's chief of staff, Gen. Sedki Sobhi, led the funeral.

The coffins of the victims were draped in Egyptian flags and, in a show of solidarity, were carried in the funeral procession by army soldiers and policemen. THE ASSOCIATED PRESS

Ex-Egyptian president Hosni Mubarak
THE ASSOCIATED PRESS

**Muslim Brotherhood**

Egyptian security officials and state television say the supreme leader of the Muslim Brotherhood has been detained. Officials say Mohammed Badie was captured early Tuesday in an apartment in the eastern Cairo district of Nasr City.

## 'Against the coup'

A woman holds up a picture of Egypt's ousted president Mohammed Morsi, reading in Italian "Against the coup," during a demonstration in Rome Monday. A Human Rights Watch report accused Egyptian security forces of using excessive force when they moved last week to clear the larger of two sit-in protest camps. RICCARDO DE LUCA/THE ASSOCIATED PRESS

# Driver beaten by angry mob. Train runs over pilgrims in India, killing dozens

A train ran over a group of Hindu pilgrims at a crowded station in eastern India early Monday, killing at least 37 people. A mob infuriated by the deaths beat the driver severely and set fire to coaches, officials said.

Several hours after the accident, flames and dark smoke could be seen billowing out of the train coaches, as protesters blocked firefighters from the station in Dhamara Ghat, a small town in Bihar state, officials said.

Dinesh Chandra Yadav, a local member of parliament, said the pilgrims were crossing the tracks in the packed, chaotic station when they were struck by the Rajya Rani Express train. Several other people were injured.
THE ASSOCIATED PRESS

**Quoted**

**"The driver did not slow down when the train approached the station."**

**Kumar Ashutosh, a passenger on the train,** said it was difficult for the driver to stop as the train was going at a rapid speed when he realized there were people on the track.

Coaches of the Rajya Rani Express train burn after a mob set it on fire at a station in India on Monday. THE ASSOCIATED PRESS

# Al Jazeera aims to shake up U.S. broadcast news

**New York.** As network launches in America, it promises to offer more journalism — and less yelling — than rivals

KIERON MONKS
Metro World News in London, U.K.

Joie Chen, a former CNN and CBS anchor who will work for Al Jazeera America. COURTESY AL JAZEERA AMERICA

The New York offices are quiet, with barely a sign of the new owners and the revolution they are promising. But Al Jazeera America's Tuesday launch into more than 40 million homes could potentially transform the country's media landscape.

"U.S. news is driven by a different mandate — to reach the widest audience with the shallowest coverage," Joie Chen, former CNN and CBS news anchor, told Metro. Chen is just one of an all-star team assembled by AJA — backed by the endless wealth of the network's owners, the Qatari royal family — and in many cases poached from rivals.

"It's very different here, we are doing in-depth investigations that treat journalism with idealism, and we are telling stories that have been ignored," says Chen, explaining why she joined the broadcaster.

The channel will occupy a more serious niche, according to acting CEO Ehab Al Shihabi, who has promised less opinion, less yelling and fewer celebrity sightings. Bureaus are to be established in unglamorous locations such as Tennessee, and there will be less than half the advertising shown by rivals.

The launch is the culmination of a multi-year campaign from the leading Arab broadcaster to get on American airwaves. A decade ago it would have been unthinkable, when Al Jazeera was best known in the U.S. for screening messages from Osama bin Laden.

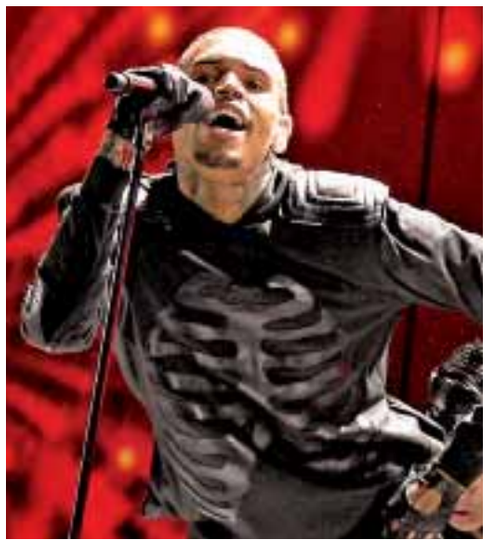
The memory remains and the launch has been fiercely opposed. Congressman Tim Murphy has led calls for an investigation, while civil society group Accuracy in Media attacked "an unacceptable danger to American citizens by adding to the potential for home-grown jihadists inspired by Al Jazeera's inflammatory programming." An AJA source in New York revealed protests are planned and security is tight.

**Quoted**

ALJAZEERA AMERICA

**"People here don't know where Qatar is but this will demystify the 'other.' It's an Arabic logo but Americans on screen, so there's a bridge that will be constructive."**

**Philip Seib, director of the USC Center on Public Diplomacy,** who thinks the majority of Al Jazeera America's viewers will be won over.



## Chris Brown shows cancelled

**Four concerts in Canada featuring Chris Brown have been cancelled because of the R&B star's personal and health problems, the promoter behind the events said Monday. Brown was supposed to perform in Winnipeg, Toronto, Halifax and Saint John, N.B., for a four-day swing beginning Aug. 29. "It was an ongoing consultation and conversation with Chris Brown and his management team," said Stephen Tobin of Drop Entertainment Group.**

TEXT: THE CANADIAN PRESS; PHOTO: GETTY IMAGES FILE

## Ontario. Safety League wants crack pipes out of corner stores

A growing number of convenience stores in Ontario sell crack pipes, bongs and other illegal drug paraphernalia right beside candy, milk and magazines, a public safety advocacy group said Monday.

The Ontario Safety League said its mystery shoppers easily purchased dozens of drug-related items at convenience stores in big and small cities, including Toronto, Ottawa, Windsor, St. Catharines and Guelph.

Safety League president Brian Patterson said "it's irresponsible and illegal" for corner stores to openly display and sell items that enable illegal drug use, calling it "a blatant disregard" for the safety of the communities.

"Kids are confronted with displays of drug paraphernalia that is sold in colourful packaging and for discounted prices," Patterson said.

The group launched a campaign Monday calling on people to report any convenience stores selling inappropriate drug paraphernalia in their neighbourhood through Twitter with the hashtag #reportyourstore, and said offenders would be reported to police. THE CANADIAN PRESS

**You owe me, Zuckerberg**

## Programmer hacks Facebook CEO's page to prove point

After discovering a privacy bug on Facebook, unemployed Palestinian programmer Khalil Shreateh said he just wanted to collect the $500 US bounty the social network offers to those who voluntarily expose its glitches.

But when Facebook ignored his first two reports, Shreateh took his message to the top — and hacked into CEO Mark Zuckerberg's personal page to prove his point. The stunt cost Shreateh the bounty, but earned him job offers from around the world. THE ASSOCIATED PRESS

**Connecticut**

## If your cable goes out, don't call 911

When a cable television outage hit Connecticut shoreline communities during prime time Sunday night, viewers jumped to action. Some reached out to their state senator. Others called police. One even called 911. The calls prompted a warning from local police that 911 should be used for life-threatening emergencies only. THE ASSOCIATED PRESS

**Tech trends**

## New Galaxy Mega is not a phone — it's a phablet

Smartphones are getting bigger as people use them to watch movies and play games, and a new one from Samsung is beyond big. With a screen measuring 6.3 inches diagonally, the Galaxy Mega is almost as big as a seven-inch tablet. Phones of this size are usually referred to as phablets. THE ASSOCIATED PRESS

**Market Minute**

**DOLLAR** 96.69¢ (-0.03¢)

**TSX** 12,588.02 (-148.90)

**OIL** $107.10 US (-36¢)

**GOLD** $1,365.70 US (-$5.30)

**Natural gas:** $3.45 (+8¢)
**Dow Jones:** 15,010.74 (-70.73)

Caring People... Building Businesses. Building Careers.

"Stream supports where you want to go."
— Stream Employee

Hiring Customer Support Professionals

Interested in learning more about Stream?
Join us for our open house on Wednesday August 21st 2013 at

**Apply: careers.stream.com**
**568 Second Street**
**London, Ontario, N5V 3R4**
**519-455-4100**

stream
Caring People...
Building Businesses.
Building Careers.

www.stream.com

A premium provider of customer care and business process outsourcing services
Equal Opportunity Employer.

Are you post menopausal and looking to lose weight?

Join a clinical research trial to evaluate the effectiveness of an investigational natural health product which may help with weight management.

Call now to see if you qualify.

Compensation up to $200.00

Contact KGK Synergize Clinic:
**519-858-8359**
clinic@kgksynergize.com
www.kgksynergize.com

KGK synergize

# YOUR SUBTLE TWEET SOUNDS SNARKY

SHE SAYS

**Jessica Napier**
metronews.ca

In the seven years since its inception, Twitter has evolved into a multi-purpose communication tool used to break news, start revolutions and bring people together with a simple hashtag. The social-networking site has an immense potential for social change and positivity. Unfortunately it also has a tendency to feel a lot like high school sometimes. There's perhaps no better example of this than the not-so-subtle sub-tweet.

Sub or "subliminal" tweeting is the act of posting tweets that are obviously about someone but not mentioning a specific individual's name or handle. The nuanced construction of the sub-tweet allows social-media users to call out other people in an anonymous and yet very public kind of fashion. Sadly, sub-tweets on the sweet side are few and far between; most are hostile and presumably typed with a middle finger.

For example, Miley Cyrus has been the target of plenty of online criticism lately thanks to the rather distasteful cultural appropriation she's been demonstrating as part of her latest image makeover. Last week she lashed out against one particular critic with this antagonistic sub-tweet: "I know what color my skin is. You can stop with the friendly reminders bitch."

A quick Google search will catch you up on her ongoing Twitter feud with rapper Azealia Banks (though you'll never get those five minutes of your life back) and help illustrate the concept of sub-tweeting. If you're still confused, try browsing through content tagged with #subtweet and you'll find an endless supply of snarky examples.

This passive-aggressive trash talking is popular among angst-filled teenagers and duelling celebrities, and watching these quarrels unfold in 140-character increments can be a guilty pleasure for those of us standing on the digital sidelines. The air of mystery contained in each sub-tweet appeals to gossip-hounds who love drama.

But while broadcasting a backhanded "you know what you did" memo across the Internet is a lot easier than the direct approach, using social media as a platform to engage in personal disputes reeks of cowardice and immaturity. Unlike open and honest communication, this non-confrontational form of confrontation does nothing to resolve issues or right wrongs.

Cheeky pot-stirring is one thing, but if you're actually looking to address real personal issues, then sub-tweeting is never the answer.

Conflict resolution is best done offline and in private, rather than bullying each other from behind the veil of our online avatars.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

## Hands up! You are under the influence

COURTESY SEATTLE PD

### Cops crack down on the munchies

The boys in blue took a break from busting heads at Seattle's Hempfest last weekend to hand out crispy snacks at the iconic Marijuana celebration — albeit with a request to not drive high — taking advantage of the recent legalization. Sgt. Sean Whitcomb explained his mixed-up day. **METRO**

Q and A

### *Operation Orange Fingers*

**Did people think this was an undercover sting?**
Not many. This festival is not new and we've been around for 20 years. What's new is the change in law and our department is pioneering new and creative ways to reach festival-goers, and we'll keep looking for new ways.

**Were you pleased to be able to connect with a previously off-limits section of society?**
The idea to find creative ways to reach out has been around a while, and thus was born Operation Orange Fingers.

**Will you be able to use this as a model to catch major crooks — like handing out snacks at a fictitious "crack festival"?**
You have defined undercover police work.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

**Podcasts have been a limitless boon for catching up on the news, eavesdropping on intelligent debates or even learning a new skill. But sometimes you just want the yuks. Add these three to your iTunes subscriptions for a steady supply of laughs.**

### My Brother, My Brother and Me:

When they're not busy indulging in far-afield tangents, the brothers McElroy dispense tongue-in-cheek "advice" to the baffled and confused seeking solutions to their frequently high-concept woes.

### How Was Your Week:

The mighty Julie Klausner has a knack for making witty conversation seem effortless. Factor in her consistently excellent lineup of equally breezy guests and before you know it, an hour has slipped by.

### The Bugle :

John Oliver just wrapped up a summer ably filling Jon Stewart's chair on The Daily Show, during which time many of us became quite accustomed to his version of mocking the world's news. Thankfully, you can avoid any withdrawal symptoms with a weekly dose of Oliver and Andy Zaltzman drolly riffing on world events.

Twitter

**@metropicks asked: Toronto schools will measure students' BMI. How do you think this will affect childhood obesity?**

**@ThatDonnaGirl:** 6 y.os will get fat letters and the American Academy of Pediatrics will wonder why 7 y.os have eating disorders

**@Canucklehead_ca:** Will just give kids another test to worry about failing. #BMIisTMI

**@shopwithandrea:** Toronto schools will start weighing students. This will just add to child insecurities. Not sure schools should do this.

**@Cavemanbiff:** Good nutrition, & fit bodies begin at home, under the guidance of parents.

**@RunSoulCycle:** Not as much as it will affect their self esteem & development of self concept - schools need 2B emotionally safe & inclusive.

**@Zaedum:** I think schools should just skip right to making activity and standing and stretching mandatory to learning. Not sitting all day

**@HamiltonMetals:** A lot of kids going to be off sick that day...

**@StephMacHorn:** Health Class should teach how to calculate BMI & discuss implications, but centring kids out even more won't help.

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:**
Send us your comments: londonletters@metronews.ca

metro

**President:** Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor** Angela Mullins • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Retail Sales Manager** Joshua Green • **Distribution Manager** Rob Delvallet • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2223 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

DVD reviews

## Amour

**Director.** Michael Haneke

**Stars.** Jean-Louis Trintignant, Emmanuelle Riva, Isabelle Huppert

●●●●●

Michael Haneke's dramatic two-hander, the Palme d'Or winner at Cannes 2012, is a quietly devastating illustration of how tough the "for better or worse" marriage pact can be when "or worse" occurs. An elderly couple (veteran French actors Jean-Louis Trintignant and Emmanuelle Riva) are put to the test when the wife suffers one stroke and then another, robbing her first of speech and then mobility. Together they must find a way to endure as the end approaches. It's one of the simplest and arguably the most passionate films of Haneke's incredible career, a deserved winner of the most recent best foreign-language film Oscar. Extras include a Q-and-A with Haneke and a making-of featurette.

PETER HOWELL

## Emperor

**Director.** Peter Webber

**Stars.** Matthew Fox, Tommy Lee Jones

●●●○○

Peter Webber accurately depicts Japan's physical and spiritual devastation in the wake of the Second World War's twin nuclear assaults, the firebombing of Tokyo and the nation's subsequent surrender to Allied forces, the latter beginning with an Aug. 15, 1945 radio address by Emperor Hirohito. But the film falls prey to the temptations endemic to historical docudrama: the desire to pack a miniseries' worth of events into one feature-length film, with romance tossed in for added appeal.

PETER HOWELL

Lake Bell wrote, directed and starred in the film In a World. CONTRIBUTED

# Behind-the-scenes takes the spotlight

**In a World.** The voice-over industry gets its time to shine in a little film about family and sexism

Film fans everywhere can identify that movie-trailer voice: A booming baritone that entices viewers with cryptic explanations of the latest upcoming epic.

The business behind such voice work is the backdrop of Lake Bell's new film, In A World, of which she is the writer, director and star.

Real voice-over artists — the men and women who've spent years invisibly announcing the latest Taco Bell temptation, the promise of Firestone tires or upcoming Lifetime programs — say it's good to watch their profession being acknowledged on screen, even if the portrayal isn't perfect.

"It was fun to have that be a thing — that voice-over even got mentioned," said actor Steve Staley after seeing the film. "It was great to see our field get screen time in a realistic way," added Staley, who gives voice to cartoon and video-game characters and commercials.

The film, which expands to more theatres on Friday, begins with images of the most famous voice-over artist ever: Don LaFontaine, whose deep recitation of the phrase "in a world" opened countless movie trailers and made him a multimillionaire.

Since the actor's death in 2008, voice-over artists have vied for his crown, both in Bell's film and in real life. In the film, Bell's character aims to break gender boundaries by competing against the big boys to become the first female trailer voice. But to get the job, she'd have to beat out the reigning king: Her dad.

Things really have changed since LaFontaine's death, voice-over artists said, with most movie trailers now opting to go without any announcer at all. The previews that played before a recent Los Angeles showing of In A World... relied on onscreen text and clips of the actors talking rather than the bellowing "voice of God" to describe the picture.

The industry's marginalization of women is real, too.

"Women, in general, don't do trailers," said Martha Mayakis, a voice-over casting director and coach with TalkShop in Los Angeles. "Women do promos for TV shows."

There really are fewer outlets for female voices, echoed Chuck Klausmeyer, a voice-over artist, director and teacher.

"Women don't get as much copy as the men," he said. "Men are requested more than women for voice-overs for sure, partly because of that deep, authoritative voice that exists."

But just like when doctors watch medical shows, these experts spotted a few unrealistic elements on screen that everyday viewers would overlook.

Bell's character learns about the movie-trailer gig (for an upcoming "quadrilogy" called The Amazon Games) from a recording-studio engineer. In real life, it would be an agent providing that information. In the film, the engineer also serves as the director, but that's not how real voice-over recording sessions go down.

"If only all I ever had to do was impress an engineer," Staley said, adding that a director would actually call the shots.

Klausmeyer said the business also isn't as cutthroat as it seems on screen.

"It worked for the dramatic nature of the film," he said, "but I find the voice-over industry filled with the nicest people who really understand that anybody can book anything."

THE ASSOCIATED PRESS

**All in the family**

**Lake Bell's film, which won a screenwriting award at the Sundance Film Festival, is really about a family that happens to do voice-overs. "It gives a little flavour of what the industry is like," says Martha Mayakis, a voice-over casting director. "It's a sweet little movie... not because of the voice-over angle, but the relationships in the family."**

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Summer of George: Prince William talks papahood*

His newborn son is "a little bit of a rascal" and car seats can daunt any dad, Britain's Prince William says.

The second in line to the British throne has described his joy at introducing his son to the world on the steps of a London hospital last month — and about his nerves over fitting the car seat securely into the Land Rover before driving off.

William told CNN in his first interview since Prince George's birth on July 22 that both he and the Duchess of Cambridge couldn't wait to show off their son when they emerged from St. Mary's Hospital to meet the world's media a day later.

"I'm just glad he wasn't screaming his head off the whole way through," he said in an interview broadcast Monday.

William was quizzed on a range of child-rearing topics — from baby toys to diapers and sleep deprivation — and acknowledged that his expert performance sliding his child's car seat into the back of the royal four-wheel drive was a well-drilled exercise.

"Believe me, it wasn't my first time. And I know there's been speculation about that. I had to practice, I really did," he said.

William and his wife's assured, do-it-yourself performance in front of the hospital helped cement the couple's image as the modern face of Britain's monarchy. But William said the decision to take his own baby in hand and drive home in the glare of the international press was a way of establishing his independence.

THE ASSOCIATED PRESS

Pauly D

## Hey DJ, play my song, because I'm paying you big bucks

Being a DJ can be a pretty sweet gig, if Forbes magazine's list of the highest paid mixers is any indication. Producer and songwriter Calvin Harris, who has worked with the likes of Rihanna and recently signed a two-year deal with Las Vegas club Hakkasan, tops the list, earning $46 million this year. "The rise of dance music has been astronomical in the last three years," Harris says. "I happened to be in the right place at the right time." Even former Jersey Shore star Pauly D is raking it in, taking home $13 million. Not too shabby.

Jennifer Lopez ALL PHOTOS GETTY IMAGES

## Casper the friendly informant: Lopez's love reveals return to Idol

Jennifer Lopez's boyfriend, Casper Smart, might have beat the American Idol bosses to the punch about news that Lopez will be returning as a judge for the reality competition in January. When asked by E! News if she would be back for the upcoming season, Smart gave a simple, "Yes," though no official word has gone out from the network or producers. Sources close to the show say a deal is close to being finalized, but maybe Smart knows something they don't.

# The sexy back workout

5 easy moves for a strong, sculpted back by Kim Kardashian's trainer Joey Gonzalez, COO at Barry's Bootcamp.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

## Upward row

- Standing on the centre of a resistance band, cross the handles or ends of the band so that the band makes an X in front of you.
- Lift the handles or ends of the band up until they reach the point right under the chin.
- Slowly bring the arms all the way down in a controlled motion.
- Do 30 reps.

## Back rows

- In a sitting position, wrap the resistance band around your feet and extend your legs out in front of you. Essentially what you're doing is creating a rowing machine.
- Imagine there's an egg resting on your spine and as you squeeze your shoulders behind you, visualize cracking that egg between your blades.
- Do 30 reps.

## Military press

- Standing on the centre of a resistance band, press the handles up over your head, and then come back down to shoulder level in military press position, standing with your arms bent and your hands around about ear level.
- Repeat as many presses as you can in 30 to 60 seconds.

## Whale trail

- Lie down on a bench (you want to be on your chest) and hug the front of the bench.
- Using your lower back muscles, lift your legs together at the same time — up and then lower, then down really slowly.
- Do 30 reps.

## Side and front raise combination

- Lay down and lift your arms out to the side in a side lateral raise. Now pull your hands together in front and lower your arms down.
- Repeat this for 30 to 60 seconds (do as many as you can) and then move in the opposite direction for 30 seconds.

# Parents, do you have your kid's back?

**Backpack safety.** Monitoring the weight and style of your child's backpack could eliminate avoidable hospital visits for them

ALISON BOWEN
Metro World News in New York City

Be careful about what you pack into your little tykes' backpacks. Heavy backpacks can have serious medical implications, according to experts. Thousands of students arrive in local emergency rooms each year with backpack-related injuries. Dr. John Blanco — associate professor of orthopedic surgery at Weill Cornell Medical College in NYC — spoke to us about keeping students' spines safe and offered some helpful tips for watching our child's back:

**1. Know the suggested weights.** The American Academy of Pediatrics keeps suggestions of how families should choose backpacks and how their children should wear them. "A lot of families just don't have any idea of how a child should wear a backpack," Blanco says. He suggests no more than 10 to 20 per cent of a student's body weight as a measure.

**2. Straps matter.** "Look for a backpack that has very wide, padded shoulder straps," he says. "They should always have two shoulder straps, and tell your child to put their arms through both shoulder straps. You see a lot of kids that fling the backpack only on one shoulder. By having it on both shoulders, it distributes the weight better." And that dorky waist strap? Use it. "By cinching the waist strip, it brings the backpack firmly against your body."

**3. Check out the actual backpack.** "Some backpacks weigh a ton with nothing even in them," he notes. "Find a light backpack that fits the bill." Other alternatives? A rolling backpack, if your child doesn't mind being one of the only students with one. Many students don't want them, Blanco says, but, using them "means that they're not putting any weight on their back at all."

Send them off with safe loads. ISTOCK

# Heat up the barbecue for a very cherry twist on pork

One thing most of us don't do nearly enough of is grilled fruit. Not only is grilled fruit crazy delicious — thanks to the intense heat caramelizing all the natural sugars — it also pairs perfectly with savoury meats.

Before starting the recipe, compare the size of your cherries to the size of your grill grates. If the cherries are likely to fall through the gaps, use a grill pan over the grates.

This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

**Ingredients**

- 2 lbs pork tenderloins
- 1 1/2 tbsp fish sauce
- 1 1/2 cups fresh cherries, pitted
- 2 tbsp canola or vegetable oil, divided
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 tbsp cider vinegar
- 2 tbsp chopped fresh cilantro
- Salt and ground black pepper, to taste

**1.** Cut the tenderloin crosswise into rounds about 1 inch thick. One at a time, set each round between sheets of plastic wrap and use a meat mallet to pound to an even thickness of about 1/4 inch.

**2.** Transfer the flattened pork cutlets to a large zip-close plastic bag. Add the fish sauce, then shake to coat all of the pork. Squeeze the air from the bag, seal it and set side. This step can be done up to 24 hours ahead.

**3.** When ready to cook, heat the grill to high.

**4.** In a medium bowl, toss the cherries with 1 tablespoon of the oil until well coated. Carefully pour the cherries onto the grill grates and grill until lightly charred in spots and tender, about 2 to 3 minutes. Use tongs to return the cherries to the bowl. Set aside to cool slightly. Leave the grill on.

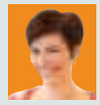
**5.** Once the cherries have cooled, add the onion, garlic, vinegar and cilantro. Mix well, then season with salt and pepper. Set aside.

**6.** Add the remaining tablespoon of oil to the bag of pork, then shake to coat. Grill the tenderloins for 2 to 3 minutes per side.

**7.** Arrange the cutlets on 6 serving plates, then top each with some of the grilled cherry salsa. THE ASSOCIATED PRESS

**Health Solutions**

## *Everything is just peachy*



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It is not August. It is peach season.

Baskets and baskets of local peaches make their way into my repertoire. They go into everything until I have had my fill, or my mid-September birthday, whichever comes first.

I set my calendar by peach season. It's like the lunar equinox for me. Get the picture? It's pretty peachy.

Here are some ways they make me moon.

- In a gazpacho, they add a golden hue and sweetness. Dunk in boiling water for 15 seconds to remove peel, pull pit and blend in.
- In freezer jam. Don't fuss with gelatin and canning, simply simmer with maple syrup and store in glass jars in the freezer and summer (the verb) all fall.
- Pan fried in butter as a yogurt topping.
- Brushed with butter and grilled as a side dish to fish.
- Slice and freeze wedges on parchment paper on a cookie sheet. Toss into plastic bags once frozen and add to cereal willy nilly ('cause peaches like willy nilly and fuzzy wuzzy).

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

# Side. Wild Rice Salad with Apricots and Blueberries

**Ingredients**

- 1 cup wild rice
- Kosher salt
- 3 tbsp olive oil
- 3 tbsp white balsamic vinegar
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 2 tbsp chopped fresh chives
- 2 tbsp chopped fresh tarragon
- 2 tbsp chopped fresh thyme
- Ground black pepper
- 2 fresh apricots, pitted and diced
- 1 cup blueberries

**1.** In a medium pot, combine the wild rice, a hefty pinch of salt and 6 cups water. Bring to a boil, then reduce to a simmer. Simmer for 35 to 45 minutes, adding water as needed. When the rice is tender, strain through a mesh strainer and spread in an even layer on a rimmed baking sheet to cool. To speed the process, you can set the baking sheet in the refrigerator.

**2.** Once the rice has cooled, in a medium bowl, whisk together the olive oil, vinegar, honey, mustard, chives, tarragon, thyme and a pinch each of salt and pepper. Stir in the wild rice, apricots and blueberries. Season with additional salt and black pepper as needed. THE ASSOCIATED PRESS

# Plum, Hazelnut & Endive Salad creates a fine balance

Plums and roasted shallots provide a sweet contrast to the bitter greens in this hearty fresh salad.

Meanwhile, hazelnuts add crunch. You can toast the hazelnuts for 15 minutes while roasting the shallots.

This recipe serves four. COURTESY THE CANADIAN PRESS

**Ingredients**

**Dressing**

- 50 ml (1/4 cup) olive oil, divided (approx)
- 2 large shallots, peeled and halved
- Kosher salt and freshly ground pepper
- 10 ml (2 tsp) chopped fresh thyme, stems reserved
- 30 ml (2 tbsp) apple cider vinegar

**Salad**

- 1 Belgian endive, sliced in rounds
- Half head radicchio, sliced in wide ribbons
- Half head frisee lettuce (dark green outer leaves removed)
- 125 ml (1/2 cup) hazelnuts, toasted
- 2 plums, pitted and cut into 8 slices

**1.** Heat oven to 190 C (375 F) or heat barbecue to medium.

**2.** On a large piece of foil, pour 2 ml (1/2 tsp) of the oil onto 1 side. Place shallots in oil, cut side down. Lightly season with salt and pepper. Top with thyme stems; drizzle with 2 ml (1/2 tsp) of the oil. Seal to form packet. Roast in oven or on barbecue for 20 to 25 minutes or until tender. Let cool to room temperature. Discard thyme stems; chop shallots and reserve juice.

**3.** In bowl, combine shallots, reserved juice, pinch each salt and pepper, thyme and vinegar, mixing to dissolve salt. Stir in remaining oil.

**4.** In a large bowl, toss Belgian endive, radicchio, frisee, hazelnuts, plums and vinaigrette. THE CANADIAN PRESS/ DEVELOPED BY CHEF TAFIK SHEHATA FOR FOODLAND ONTARIO.

Using coupons

# Crouton Groupon?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

I recently read a blog where someone was asking, "Is it OK to use a coupon for yourself when in a restaurant with others?"

At first I was a little taken back but then I actually thought about it and feel that there is definitely a conversation here.

If I was entertaining for business or something of great importance, such as meeting my future in-laws, I would not use a coupon of any kind. However there are always exceptions to every rule.

1. If you are going out with your best friend, and say ahead of time "lets go to the ABC restaurant tonight and by the way I have a coupon for buy one main course get the second free" then as long as you share the bill equally and you both benefit from the coupon/discount, then this is absolutely reasonable.

2. If you are going "dutch," where each person pays for their own meal via a separate check, then again, amongst family or close friends I think that this is fine.

But remember, what is not cool is when you go out with a friend and pull out a coupon just for yourself and there is one bill for the entire table, as others will definitely feel cheated or uncomfortable.

Coupons are great! But what's the etiquette for taking pennies off your dinner with friends? ISTOCK IMAGES

Have you located a narcissist at your work? Kill them! (With kindness.) ISTOCK

# Narcissists on the job: how to cope with those egomaniacs

**At work.** Author shares some tips on dealing with people with this personality disorder

JULIE KAYZERMAN
Metro World News

A narcissist's ability to make you feel good inside can draw you right into their world. Their magnetizing gaze can lock on you and make you feel important.

But the author of Freeing Yourself from the Narcissist in Your Life, Linda Martinez-Lewi, has offered ways to identify and deal with people with this fixed personality disorder in the workplace.

### Take a step back

Although having the skills to identify a narcissist is important, it is imperative to be able to separate yourself from them at work in order to avoid being controlled. Martinez-Lewi says that if people don't, "they become a victim of narcissistic abuse."

"(Narcissists) project their unconscious impulses, feelings, thoughts, fears and rage onto the victim," says Martinez-Lewi. "They can be vindictive, they can get very angry." As a result, she adamantly calls on all victims to remember to make the mental and sometimes physical separation from the narcissist.

### Protect yourself

Martinez-Lewi recommends taking good care of yourself by getting enough rest, eating healthy and exercising. However, your psychological state of mind is just as important.

"You (must) remain as separate and detached from them emotionally and as psychologically as you can," says Martinez-Lewi. Being rational and staying composed definitely will take practice, but if it avoids a volcanic confrontation, it's worth it.

"If something happens, you can point it out to them in a courteous way," says Martinez-Lewi. "You have to be very delicate. Don't confront them head-on, or they'll let you have it."

### Kill 'em with kindness

"A narcissist can provide you with many opportunities, since their thinking is so grandiose," she says. "Use areas of your mind that you wouldn't have thought of otherwise." Martinez-Lewi says to compliment narcissists in a very authentic way, but be wary of getting too comfortable with them.

"Enjoy their good qualities," recommends Martinez-Lewi, "but always remember that they have a fixed personality disorder that is not going to change."

### Narcissist in your life?

**Martinez-Lewi describes these people as "great method actors" because while they're deceitful and lack a conscience, "they're playing a part. And in a way they kind of believe it."**

- **Huge ego.** "Many of them are very grandiose," says Martinez-Lewi. "They have this sense of themselves that's larger than life and better than anyone. They are perfect and superior."
- **Ruthless and cutthroat.** Although narcissists do tend to have an outstanding brilliance, Martinez-Lewi explains that they are also unable to have any kind of emotional intimacy. "They will step over anybody to get what they want," says Martinez-Lewi.

# How to avoid the 7-day ramen diet

YOUR MONEY
Alison Griffiths
money@metronews.ca

"To eat or not eat, that is the question," emailed Jon Stonehauser, a sophomore at the University of Alberta. "Last year I was broke before Christmas. I'd like to make it to April this year without starving. Any thoughts?"

Jon, it's all about being proactive. Work through these eight steps and you should have enough for three squares until spring.

**1. Budget:**
There are many student budgets available, but I like the interactive calculator at the Financial Consumer Agency of Canada, fcac-acfc.gc.ca. (Go to choose a life event then paying for post secondary education.)

**2. One-time expenses:**
Sequester money for tuition, books, etc. right off the top and don't include it in income below.

When funding arrives, deposit one-time expenses for each semester in a separate account or pay it out immediately. The remainder will be used to pay regular monthly expenses and should be deposited in a savings account. If you are working, deposit wages in the same account.

**3. Income:**
Take what's left after separating number two's costs and divide by the months in school for your monthly income.

**4. Needs:**
Focus on the essentials first. Where you can't pick an exact figure, groceries, for example, estimate the cost on the budget spreadsheet.

Don't fill in discretionary expenses yet. Your goal is to figure out monthly essentials like food, transportation and rent.

**5. Wants:**
This category can easily blow up a student budget. Ballpark what you would like to spend on entertainment, clothing and take out. Be honest with yourself.

**6. Juggle:**
Chances are money out is greater than money in. If so, start cutting expenses or contemplate an income boost. Don't forget to add five per cent for emergencies.

**7. Organize:**
Once you have a monthly sum for regular expenses, set up a monthly transfer from savings to chequing to cover those costs.

**8. App it:**
There's no point in budgeting if you don't know where the money is going. MoneyWiz, CoinKeeper, Checkbook HD, Easy Envelope Budget Aid, iXpenseIt and Daily Expense Manager are all highly rated to keep track of your spending throughout the year.

It's not tough. It just takes a bit of time.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

How are you going to make it until April? Budget, that's how. ISTOCK IMAGES

Hurry in for a $50 bonus gift[1] on select smartphones.

Plus, more deals on other great phones!

Clear your Tab within 24 months, guaranteed!

Samsung Galaxy Ace II™ x
$0 With Tab Small[2]

Samsung Galaxy S III™
$0 With Tab Large[2]

Offer ends September 12, 2013.

koodo™

BEST BUY BLACK'S FUTURE SHOP THE MOBILE SHOP Walmart

See store for full details. (1) Bonus gift will vary by store location. Bonus gift available with new activations only. While quantities last. (2) Subject to approved credit. Monthly Tab charge may apply.

koodo shop

Bowmanville Mall
Bramalea City Centre
Burlington Mall
Cambridge Centre
Centerpoint Mall
Cloverdale Mall
Conestoga Mall
Devonshire Mall
Dixie Outlet Mall
Downtown Chatham Centre
Dufferin Mall
Eastgate Square
Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

# Stats suggest Cabrera is the best ever at 30

**MLB.** Reigning AL MVP's numbers in 2013 comparable to some of the game's greats

Miguel Cabrera flashed his playful, boyish grin when pressed to explain how he's doing what just some of the game's greats have done.

"Magic," he said, sitting in front of his locker as a handful of reporters encircled him.

While even those who watch the Detroit Tigers on a daily basis struggle to describe what Cabrera is doing and those on opposing teams can only marvel, Cabrera is creating his own place in baseball history.

Despite 50 years of experience in professional baseball, Tigers manager Jim Leyland said he hasn't seen anyone do what Cabrera is doing at the plate.

There's a reason for that. No one has seen it.

Cabrera is the only player in major-league history with at least 1,962 hits, 410 doubles, 361 homers and 1,243 RBIs at the age of 30 years and four months, according to STATS LLC.

The reigning Triple Crown winner has a shot to become baseball's first player to lead a league in batting average, home runs and RBIs in consecutive seasons. Only Ted Williams and Rogers Hornsby have twice won Triple Crowns in a career — Williams in 1947 and 1942; Hornsby in 1925 and 1922.

The defending AL MVP, whose banged-up body got a much-needed day of rest Monday, is leading the major leagues with a .360 average and 120 RBIs. Cabrera's 40 homers trail only Baltimore's Chris Davis, who hit his 45th Sunday.

"He's the best player in baseball," Kansas City Royals manager Ned Yost said. "It's as simple as that."

Cabrera became baseball's first Triple Crown winner last year since Boston's Carl Yastrzemski in 1967 by hitting .330 with 44 homers and 139 RBIs for the AL Central-division winning Tigers.

THE ASSOCIATED PRESS

**In legendary company**

- In the Tigers' 6-3 win over the Royals on Sunday, Miguel Cabrera joined Babe Ruth and Jimmie Foxx as the players since 1921 to have at least 40 homers and 120 RBIs while batting .350 or better through 116 games.
- He is also part of another exclusive trio with Foxx and Albert Pujols as the only players in major-league history with at least a .320 career batting average along with 350-plus homers at the age of 30 years and four months, STATS said.

**Quoted**

"I'm here to play baseball and win games. The other stuff, I don't worry about." Miguel Cabrera

Miguel Cabrera celebrates after hitting a ninth-inning walk-off home run to push the Tigers past the Royals 6-5 in Detroit on Saturday. GREGORY SHAMUS/GETTY IMAGES

## Tennis. Canadian Raonic pushed out of ATP top 10

Roger Federer is sliding in the ATP rankings, now down to No. 7.

Federer, who spent more weeks at No. 1 than anyone, already had reached his lowest spot in a decade by dropping to No. 5 after Wimbledon — and he fell two more places Monday.

Canada's Milos Raonic slipped out of the top 10, dropping one spot to No. 11.

Milos Raonic
THE CANADIAN PRESS

Rafael Nadal rose to No. 2 from No. 3, swapping with Andy Murray. Novak Djokovic remained No. 1.

THE ASSOCIATED PRESS

**OHL**

### Dvorak commits to playing for Knights

Winger Christian Dvorak has committed to the London Knights, general manager Mark Hunter announced Monday.

He had entered into an Ontario Hockey League standard player's agreement with the London Knights.

Dvorak, a native of Frankfort, Ill., was a Knights draft pick in the eighth round (163rd overall) in the 2012 OHL priority selection.

He played last season with the Chicago Mission U18 in the Midwest Elite Hockey League and also played nine games with the Chicago Steel of the United States Hockey League. METRO

**Strange promo**

### Out of the park, into the cemetery

One "lucky" fan will win a free funeral package in a promotion that's more six feet under than it is over the top.

The Triple A affiliate of the Philadelphia Phillies, the Lehigh Valley IronPigs, plans to announce the winner of the fan giveaway at Tuesday night's game in Allentown, Pa.

Fans had to submit an essay describing their ideal funeral and explain why they deserved a free one.

More than 50 essays were turned in. THE ASSOCIATED PRESS

## Horoscopes

### ♈ Aries
**March 21 - April 20**
Forget what others expect of you and do something that makes you feel good. It doesn't have to be anything special — a walk in the sunshine could be all it takes to give you a new perspective on life.

### ♉ Taurus
**April 21 - May 21**
Decisions about financial matters should be put off to another day. There is really no point wasting time worrying about how to make ends meet. You know it will all work out.

### ♊ Gemini
**May 22 - June 21**
Go out of your way to co-operate with people today, even with those who have been less than co-operative with you in the past. What happened yesterday or the day before is of no concern.

### ♋ Cancer
**June 22 - July 23**
Mars remains in your birth sign only until Aug. 28, so you have just over a week to make use of its powers. You cannot do everything at once but you can do something at once — so start doing it now.

### ♌ Leo
**July 24 - Aug. 23**
You've been struggling against forces you cannot defeat. As the Sun comes to the end of its annual cycle through your chart, you will realize there is no point struggling anymore.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Think ahead but don't make too many plans because the Sun's change of signs on Thursday could shake things up. Besides, good ideas should always have time to simmer.

### ♎ Libra
**Sept. 24 - Oct. 23**
Stop rushing around and take time to chat with people you meet. Everyone has a story and one in particular could be of significance. If you learn something new, don't be afraid to use it to your advantage.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
The Sun moves in your favour on Thursday but before then there is a full moon in a particularly sensitive area of your chart. That means you must either finish a task right now or give up on it.

### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Be free with your opinions, even if not everyone is happy to hear them. You are entitled to your viewpoint. At least, unlike some people, you appear you have one.

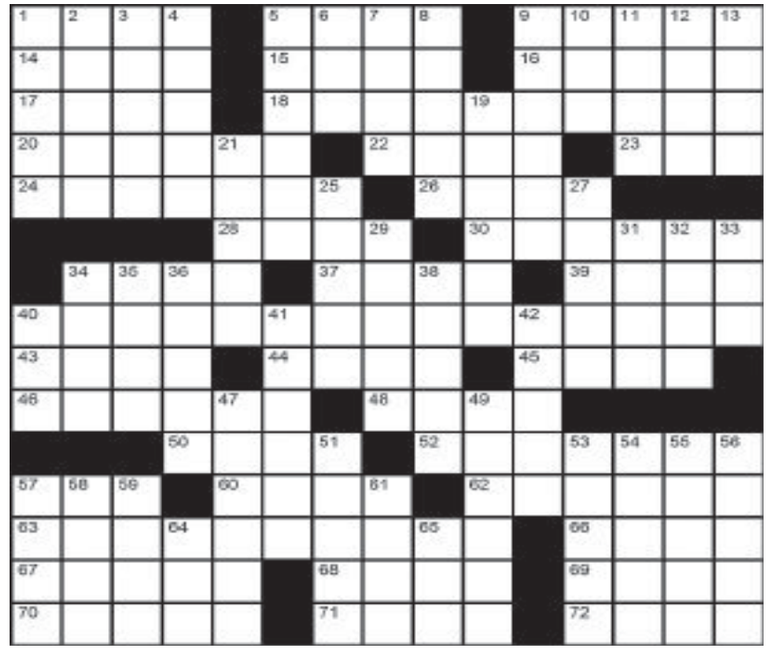
### ♑ Capricorn
**Dec. 22 - Jan. 20**
Be nice to people today, even people you can't stand the sight of. It doesn't take much to smile and, who knows, it may have a positive impact when next you meet. Stranger things have happened.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
A loved one could say something hurtful today but you must not take it to heart. Either they are being too extreme or you are being too sensitive. Either way, blame it on the approaching full moon.

### ♓ Pisces
**Feb. 20 - March 20**
A grumpy person will make you listen to their complaints today. Smile sweetly and pretend you see their point and feel their pain. Then escape as quickly as you can. **SALLY BROMPTON**

## Crossword: Canada Across and Down

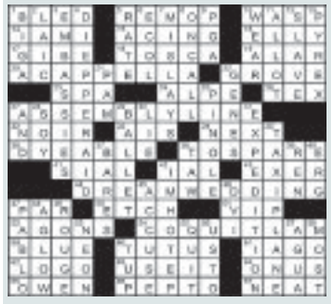
See today's answers at metronews.ca/answers.
**BY KELLY ANN BUCHANAN**



**Across**
1. British raincoats, nicknamed
5. Woofs!
9. Like non-glossy makeup
14. Border on
15. May, in Lisbon
16. Boo-boo
17. Finale, in music
18. EPCOR CENTRE for the __ Arts, in Calgary
20. Cite as evidence
22. Tea type, __ Grey
23. Opera classic: "O Sole __"
24. Saskatchewan city southeast of Regina
26. Saloon slurp
28. Cat's cry!
30. Really tick off
34. Montreal-born singer of "Come to Me", France __
37. Kind of history
39. New York's Madison, et al.
40. "One Week" band from Scarborough, ON: 2 wds.
43. __ the Terrible
44. #43-Across, for one
45. 'Kind' suffix
46. Las Vegas hangout
48. Canadian figure skating great Mr. Browning
50. Convent denizens
52. Name of the MTV video music award
57. Crunched muscles, for short
60. Hoover Dam lake
62. Unspecified individual
63. __ House, Saskatchewan
66. Pond 'plant'
67. More right sounding
68. Ancient Roman's 2002
69. Retreat
70. Repetition mark, in music
71. Music's Ms. Murray
72. God of war in Greek mythology

**Down**
1. Parrot
2. Home
3. Blue Rodeo singer Jim
4. Baseball great Rusty
5. Unit of electric†current
6. Arctic explorer, John __
7. NBC's "Chicago __"
8. Couches
9. Arthurian wizard
10. Sleeve
11. Clip
12. Author Ms. Morrison
13. Consequently
19. Animal Farm author George
21. Curry powder ingredient
25. Secluded spots
27. Mark
29. Make mayhem, with Havoc
31. Car rental company
32. The Bee __
33. Curved letter
34. Second Cup serving, hip-style
35. Komodo dragons
36. Russian leader, b.1870-d.1924
38. Tight as _ __
40. Lighters brand
41. Somebody penitent
42. 19th-century composer Mr. Bruckner
47. __ uno!
49. Rock tour gig
51. Actress Ms. Hayek
53. Spiral-horned antelope
54. Tooth type
55. Actress Ms. Harmon
56. Approaches
57. Stars in movies
58. Hockey great, Pavel __
59. Self-satisfied
61. Curse
64. __ Folds Five
65. Author, Anais __

### Yesterday's Crossword



## Sudoku

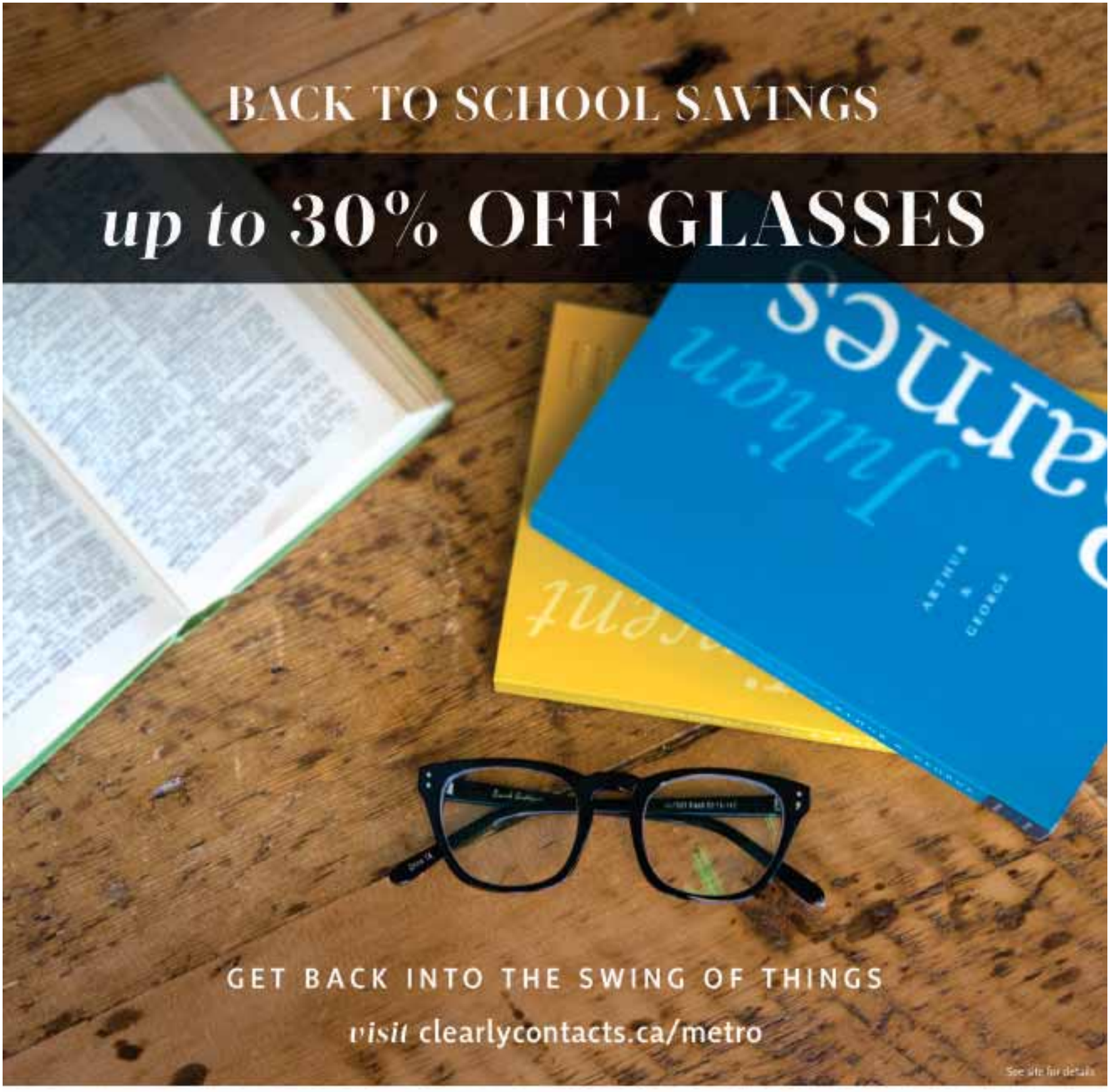
**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 4 | | 1 | | 3 | | 5 | |
| | | 2 | 9 | | 8 | 7 | | |
| | 9 | 5 | | | | 8 | 6 | |
| | | | 2 | | 6 | | | |
| 9 | | | | | | | | 6 |
| | | | 3 | | 4 | | | |
| | 1 | 7 | | | | 5 | 2 | |
| | | 4 | 8 | | 2 | 3 | | |
| | 8 | | 7 | | 5 | | 1 | |

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 3 | 5 | 9 | 6 | 7 | 4 | 2 | 8 |
| 4 | 9 | 2 | 8 | 1 | 3 | 6 | 7 | 5 |
| 6 | 7 | 8 | 4 | 2 | 5 | 9 | 3 | 1 |
| 8 | 1 | 7 | 2 | 3 | 6 | 5 | 9 | 4 |
| 3 | 4 | 6 | 5 | 9 | 8 | 2 | 1 | 7 |
| 5 | 2 | 9 | 1 | 7 | 4 | 3 | 8 | 6 |
| 7 | 5 | 4 | 3 | 8 | 2 | 1 | 6 | 9 |
| 2 | 8 | 1 | 6 | 4 | 9 | 7 | 5 | 3 |
| 9 | 6 | 3 | 7 | 5 | 1 | 8 | 4 | 2 |

visit metronews.ca
metro


BACK TO SCHOOL SAVINGS
up to 30% OFF GLASSES
GET BACK INTO THE SWING OF THINGS
visit clearlycontacts.ca/metro
See site for details

ClearlyContacts.ca

THE BETTER WAY TO BUY EYEWEAR